



WEEK 4: Caveman Workout

30 sec work / 30 sec rest

WORKOUT

Warm-Up:

Mountain Climbers

Jumping Jacks

Spiderman Mountain Climbers

Squat Jumps

Bear to Plank Push-Up

Workout: 30 sec each move/ 30 sec rest

Plank to Deadlift

Bear Crawls forward and back

Military Press Overhead

Squat Press (in front)

Sandbag or Rock Carry

Burpee Box Jump or Step Up

Plyo Lunges

Turkish Get Up (Lying, pull leg to knee, stand up with weight overhead)

Bicep Curl (2 rocks)

Bent-Over Shoulder Raises

Single Arm Pullovers (repeat other side)

Side Plank with Flex Foot Kick (repeat other side)

Cooldown

Plank to DownDog Reach

Quad to Hamstring and Calf stretch

Bicep/ Tricep

Overhead Side Stretch

